the newham mag

ISSUE 131
20 October 2007

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Plant for Life photos

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Discover cultural Stratford

> Be safe with candles and fireworks in October and November

'I feel great when I walk'

Newham
London Borough of

'I love this time of year'

'Walking by the water is really relaxing'

get together and go

run or walk, meet and talk

10K **Sunday 18 November**
Thames Barrier Park
North Woolwich Road E16
Start: 11am

It's the big one!

We've mapped out an amazing 10k route that explores the river and docks. So get ready to take up the challenge with loads of other people from your community.

To join us for the amazing 10k event you need to pre-register.

Please note that there will be a small fee of £10 to cover registration.

For more information or to register your place please

call **07983 579 236** or visit **www.newham.com/2012Games**

ACCESS INFORMATION
Part of this event is on grass.
BSL interpreter will be present.

Newham NHS
Primary Care Trust

NHS

Newham University Hospital NHS Trust and
Newham Primary Care Trust

LIVE LIFE

the newham mag

Look out for the next issue from November 3

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20 October 2007 // issue **131**

Welcome to issue 131 of the Newham Mag. With Halloween and Guy Fawkes' Night just around the corner, there's a festive mood in the chilly air. Wrap up warm and come to our free fireworks display at Wanstead Flats on Saturday 3 November. There are more details on the back page.

I hope you enjoy the issue.

Jen

On the cover: Have fun but don't play with fire.

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recycle for Newham

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Newham

Published by the London Borough of Newham

IN BRIEF //

Police warning to trick or treat safely

Police have asked shopkeepers not to sell eggs and flour to kids in the run-up to Halloween.

Safer Neighbourhoods Team officers have made the request because they regularly receive complaints about properties being 'egged' by trick-or-treaters around this time. This spoils the experience for the many children who want to innocently go from door to door collecting sweets.

Parents are asked to make sure their children trick or treat safely and that young ones are not allowed to wander around after dark on their own.

Please report any incidents of anti-social behaviour to your local Safer Neighbourhoods Team or via the council's 24-hour anti-social behaviour hotline on 0800 731 3300. In an emergency always dial 999.

Combating Blue Badge theft

Residents entitled to a Disabled Person's Parking Exemption will be given secure holders in an attempt to deter would-be thieves from breaking into their vehicles.

The decision by the Mayor and his cabinet means that Blue Badge holders, who have a dedicated disabled parking bay outside their home, will be given secure holders in which their badge can be displayed and locked on the vehicle's steering wheel.

Eligible residents will be contacted shortly.

Huge boost for Newham as Crossrail is given green light

Jamie Buchan (from ExCeL London), Sir Robin, Richard Gooding (London City Airport) and Cllr Conor McAuley

The announcement by the Prime Minster to give Crossrail the go-ahead has been warmly welcomed in Newham.

Newham Council, together with major businesses, London City Airport and ExCeL, believe that the £16bn funding deal will provide enormous economic benefits to the borough.

Crossrail will serve five stations in Newham: Custom House, Stratford, Maryland, Forest Gate and Manor Park. The line will provide a huge boost to the regeneration that is taking place in Canning Town, Custom House, Silvertown Quays and Stratford City.

Mayor of Newham, Sir Robin Wales, said: "This is really good news for Newham. Crossrail will mean not just quicker and less crowded journeys for residents to central London, it will also vastly improve accessibility to the borough's key development sites in Stratford and the Royal Docks, stimulating greater investment and creating thousands of additional jobs and homes."

Executive adviser on regeneration, Councillor Conor McAuley, said: "This will especially benefit the Royal Docks area, which is somewhat remote from elsewhere in the borough. With Crossrail serving Custom House, typical journey times from there to central London will be reduced by up to 65 per cent, so the journey to Paddington would fall from almost an hour to just 18 minutes. Having a station located in Custom House would also complement the regeneration that is taking place there."

Newham's restaurant hygiene scores now online

Food hygiene inspection results of Newham's eateries are now available online.

Newham is part of the London *Scores on the Doors* scheme, which will see restaurants and food outlets rated according to their latest food hygiene inspection reports, enabling consumers to make informed choices about where to eat.

The pilot scheme, which is supported by the Food Standards Agency (FSA), will bring together a number of existing schemes in London into one consistent, consumer-friendly, easy to access website at www.yourlondon.gov.uk/foodscores

Councillor Andrew Baikie, executive adviser on housing, process and business efficiency, said: "We are delighted consumers will be able to exercise choice about where to eat, based not only on the menu but also on how conscientious the restaurants are in maintaining hygiene."

News

Young Mayor hopefuls reach for the stars

As the magazine went to print, voting was well underway for Newham's first ever Young Mayor.

All 14-to-18 year olds who live, work or study in the borough were eligible to vote between 15 and 18 October. Two days beforehand, the 16 candidates had their faces projected onto the Old Town Hall, Stratford, and were available to answer questions about their manifestos.

Newham Mayor Sir Robin Wales, said: "We have a group of strong candidates all contending for the acclaimed title of Young Mayor of Newham. Having met them all, I can envisage that this election will be a close call with no indication of who will triumph until the final vote has been counted."

The successful candidate was due to be announced on Thursday (18 October).

You can read all about the first Young Mayor of Newham in the next Newham Mag, out on 3 November.

For further information visit www.newham.gov.uk/youngmayor

The Young Mayor logo was projected onto major buildings in Stratford

Brazil wins girls football World Cup championship

Brazil narrowly beat England at the Girls Football World Cup six-a-side tournament.

The team, made up of Year 8 and 9 students from Forest Gate Community School, won 1-0 against St Angela's Ursuline School at the football competition organised by Newham Council.

The tournament took place at the Memorial Recreation Ground in Plaistow and was a celebration of the recent Women's World Cup in China.

Sixteen teams competed from Newham, Tower Hamlets and Waltham Forest. The trophies were provided by the British Transport Police and presented on the day by Chief Inspector Theresa Ferguson, who also nominated Shana Volney from the Brazil team as player of the tournament.

The winning team also received a T-shirt signed by England and Arsenal women's football stars Kelly Smith and captain Faye White.

NEWS // IN PICTURES

Bulbs galore at the Community Forum Plant for Life event.

NEWS // IN PICTURES

1 A Stratford School student gets arty as part of the Royal Academy of Arts' outreach programme. **2** Girls shelter from the rain at the Girls Football World Cup at Memorial Rec, Plaistow. **3** Flags fly for Nigerian Independence day. **4** Children at Earlham School love walking to school.

Mayor's diary
with Sir Robin Wales

Drawing Games

Throughout October and November, Year 6 primary school students along with Year 10 secondary school students in Newham, will be showing off their skills with artists from the Royal Academy of Arts' Outreach Programme. This year the project will focus on the ways that athletes use mechanical devices such as bikes, boats and other sporting gear like those used in fencing and archery. Students will get to draw from real life using athletes and the masterpieces will be exhibited at the Newham Schools Summer Exhibition 2008.

FIRST YOUNG MAYOR OF NEWHAM ELECTED

As this issue of the Newham Mag went to print, the first Young Mayor of Newham was elected. Look out for the next issue from 3 November, where I will introduce you to the successful candidate who will represent one of the youngest populations in the UK!

Young MAYOR OF NEWHAM

Nigerian Independence Day 1 October

The Nigerian flag was raised recently at the Town Hall in East Ham, in celebration of Nigerian Independence Day.

My next Mayors' Question Time will be on Tuesday 13 November at 6.30pm at Curwen School, Atlas Road, Plaistow E13 0AG

Remember Remember!

On Saturday 3 November, the skies above Newham will come alive as we celebrate Guy Fawkes' Night at Wanstead Flats. Gates will open at 6.30pm and the free show will begin at 7.30pm. Bring your blanket and wrap up warm! I look forward to seeing you all there.

LIVE LIFE

Newham

GREEN STREET COMMUNITY FORUM

GREEN STREET THE MUSICAL

ORAL HISTORY DAY

Have you got a story, secret or memory to share about living in the Green Street area?

We want to hear it!

Your story could feature in Green Street's first community musical, which is all about local people.

Whether you've lived here for 50 years or five years we want to know about your experiences.

Come to the oral history day to share your story and find out more about getting involved in Green Street the musical.

Tuesday 30 October, 6.30 – 9.30pm
Katherine Road Community Centre,
254 Katherine Road, Forest Gate E7 8PN

it's your borough play your part

Free refreshments

Getting there: Buses – 325, 238, 376 Tube – Upton Park

For more information freephone 0800 519 4015 or email community.forums@newham.gov.uk

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Green fingers and flags aplenty

The sky turned green when Newham Council launched its series of Community Forum Plant For Life events earlier this month.

The first three planting events saw Stratford, Forest Lane and Central Parks raise green flags in recognition of receiving the prestigious Green Flag Award, the national standard of excellence for parks.

Newham Mayor Sir Robin Wales, said: "This is a wonderful achievement and I'm thrilled that Newham's open spaces are among the best in the country. It's especially pleasing to see so many people here today planting and helping to improve our natural environment."

More than 200 residents enjoyed mild autumn weather as they took to the soil and helped plant 2,000 spring bulbs.

The planting events are part of the council's year of action where people are encouraged to do one thing to help their natural environment.

As well as planting daffodil, bluebell and crocus bulbs, people enjoyed other activities like nest box building and kite making.

Local resident Thuy Ho went to the Forest Gate Community Forum event with her young daughter. She said: "As part of a family which utilises every inch of a small garden to grow vegetables, I think this is a good idea to encourage children to learn how plants grow. We are frequent visitors to the park and it will be nice for the children to see the results of their work in the spring."

There will be three more similar events before Christmas and further activities in the New Year, where people will have a chance to help plant 2012 new trees in the borough each year.

For details about the next Plant For Life events check out the advert on page 26 of this magazine.

And remember - your action can make a big difference!

Plant For Life is part of a year of action with BBC's Breathing Places – for more information visit **bbc.co.uk/breathingplaces**

(From top) Community Lead Cllrs for East Ham, Lakmini Shah, and Forest Gate, Kay Scoresby, plant some bulbs; Mayor Sir Robin Wales, Cllrs David Griffin, Regina Williams and Richard Crawford with the O'Connor children

About the Green Flag Award...

> For parks and open spaces to be awarded the Green Flag they must be welcoming, clean, well maintained and provide a safe and secure environment

> Newham Council's parks have been receiving Green Flags since 1999

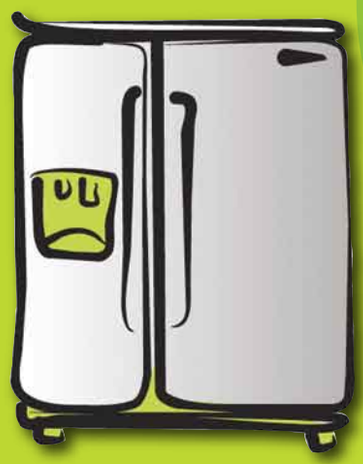
Caius Wall gets into the earth at Central Park

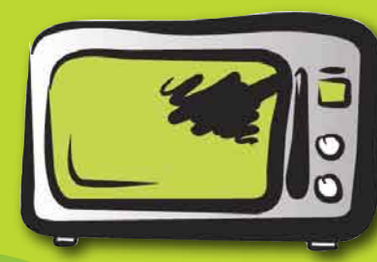
Mayor Sir Robin Wales, Cllrs Regina Williams, David Griffin and Richard Crawford raise Stratford Park's Green Flag

Yen Ho enjoyed planting in Forest Lane Park

Newham

SLIM DOWN YOUR BULKY WASTE





6 items collected FREE

We can collect up to six household items for free from your home within five working days. Items include: sofas, chairs, beds, portable appliances, garden waste and white goods (fridges, freezers, cookers, tumble dryers, radiators and microwave ovens).

We charge a fee for collecting building materials such as rubble, bricks and windows.

For further information, call the number below.

PHONE **020 8430 2000**

WEB **www.newham.gov.uk/Services/HouseholdWaste/**

Breast cancer and me

In our first update since Dawn Paish shared her experience of being diagnosed with cancer, she talks about life after breasts...

Last month Dawn, Newham's emergency planning officer, made the decision to have both her breasts removed after she found a cancerous lump. Although doctors told her it wasn't necessary, she went ahead with the extreme surgery because she felt it was the best thing for her.

A fortnight ago, the 48 year old had a follow-up appointment at the hospital where she found out the lump doctors removed had grown 2cm in just six weeks. There were also cysts in her other breast which were likely to have turned cancerous in time.

"Having heard that I am so glad I chose to have the double mastectomy," said Dawn. "I was happy with my decision anyway but after hearing that, it felt like it was meant to be."

After coming round from the general anaesthetic, Dawn had no regrets and was keen to get out of hospital as soon as possible. She was home within three days.

Although she has had very little pain, Dawn has had to have fluid from under her scars drained on a couple of occasions and she now faces six months of chemotherapy, although she will have this at home, once every three weeks for three hours.

Despite all this she feels surprisingly fortunate. "I think that I'm the luckiest person I know! Consider all of the facts. I found the lump in my breast early, I had a terrific surgeon, and I have had no pain since coming out of theatre, just discomfort.

"I have had absolutely fantastic support from family, friends, neighbours, and numerous colleagues, some who I know, and others that I don't. The postman is getting fed up with all of the cards he has to deliver and I've had to borrow vases to cope with all the flowers! My mobile phone has gone into meltdown with all the texts and phone calls and my home phone is in the same state!"

Dawn was due to start her chemotherapy on Thursday (18 October).

"I know all about the side effects, like your hair falling out, but it's only hair and it'll grow back. There's no point moaning about it, I've just got to get on with it now."

When it comes to getting a career you love it pays to follow your dreams, says Jeremy Torz, founder of thriving West Ham coffee business Union Hand-Roasted.

He fell in love with speciality coffee during a trip to the USA in 1994, long before shops selling skinny lattes hit the UK. Despite being told no-one in Britain shared his obsession with real coffee, he quit his job as an optician and went to work with the famous San Franciscan coffee roaster and retailer, Peet's Coffee & Tea.

With his business partner Steven Macatonia, he set up Torz & Macatonia in the UK and began winning high profile clients: "The Seattle Coffee Company were the first coffee group here in the UK and when they opened in London, Steven and I felt that the coffee wasn't up to much and we told them so," he said. "We were asked to put some ideas together so we did that and very quickly, in 1995, we were signed up to supply all of their coffee."

In 1997, Torz & Macatonia merged with The Seattle Coffee Company, which was acquired by Starbucks Wholesale in 1998. Jeremy was appointed sales and marketing director and was responsible for overseeing the entry of Starbucks coffee into the UK market. Working for such a huge company was a culture shock. "After about 18 months we realised our quality control and desires were different and we wanted to retain our own individuality. We realised the only way we could do it the way we wanted was to form Union Hand-Roasted in 2001."

Jeremy believes his obsession with quality control is the key to its success: "Coffee is about detail. There are so many steps involved from the growing process to harvesting and making it - you can lose quality at every step." Now, supplying top restaurants and supermarkets, Jeremy is reaping the rewards for his integrity and passion. He believes the farmers who lovingly grow the coffee beans should also share the success: "Union stands for the partnerships with farmers through to the final product in the cup. We buy our coffee from some great families whose farms depend on us for our income. Farmers don't want charity, they want to stand on their own two feet and that's what our programmes are designed to do. We aim to stimulate quality control and make them excited and proud about it and that way their coffee deserves a fair price."

While sourcing, roasting and blending the beans ethically and economically can be a challenge, meeting the growers puts everything into perspective: "Sometimes you think you've had a hard day and then you spend time with people who have to walk for 40 minutes to get a can of drinking water. Meeting people like that is incredibly inspiring."

> **"We talk to farmers about their lives and find out what they need for success in their community and what support they need to help them make their coffee better"**

Jeremy and Steven spend up to 12 weeks a year visiting growers as far afield as Rwanda and Costa Rica. "It's not the most economical way to run a business but what we're interested in is becoming recognised for quality," says Jeremy. "We talk to farmers about their lives and find out what they need for success in their community and what support they need to help them make their coffee better. If they're getting a better price and they've got pride in what they're doing, the quality will be higher."

Even after 15 years in the coffee business, it's clear Jeremy's job still excites him: "It's not a job, it's my life!" he says. "I've been known to do a happy dance around the table when I taste an astoundingly good coffee. I've had to be bull-headed to get here but I'm glad I didn't take no for an answer."

Union Hand-Roasted
The New Roastery, Unit 2, 7a South Crescent, West Ham E16 4TL
Tel: 020 74748990
www.unionroasted.com

Fancy setting up a business? The University of East London's Knowledge Dock could provide help and support. Visit **www.uel.ac.uk/knowledgedock** or call **020 8223 3301** for more information.

Serving up a mug of success

Keeping **warm and well** this winter

Last year 25,000 older people in England and Wales died of preventable, cold-related illnesses. The winter months can be harsh for millions of older people but help and advice are at hand.

Following our checklist should help keep you warm and well this winter

- ☑ Is your home adequately insulated and draught-proofed? Are you eligible for a grant from the Warm Front Scheme or your energy supplier?
- ☑ Does your heating system need improving or updating? Are you eligible for a grant?
- ☑ Are you getting the advice and benefits you need to increase energy efficiency and reduce fuel bills? Contact The Pension Service, the Warm Front Scheme and the Home Heat Helpline to find out
- ☑ Maintain a temperature of 21ºC (70ºF) in your main rooms and keep your bedroom above 18ºC. Use a hot water bottle or an electric blanket.
- ☑ Are you wearing several thin layers of clothing that trap heat efficiently?
- ☑ Are you having regular hot meals and drinks throughout the day? These are a vital source of warmth and also help prevent hypothermia
- ☑ Are you keeping active? Moving around at least once an hour generates body heat so any exercise, activity or household chores will boost circulation and increase warmth
- ☑ Have you thought about stopping smoking? It could improve your circulation and reduce the risk of a heart attack
- ☑ **Have you had a flu jab? It's free from your GP if you are 65 or over**
- ☑ Are your older neighbours keeping warm and well? Look out for them in winter

Visit your local Warm Centre

If you're 50 or over and a Newham resident, why not join friends and keep active at Newham Council's Warm Centres? From 5 November to 28 March you can meet new people and enjoy free entertainment from bingo and arts and crafts to tea dancing, tai-chi, choir singing, refreshments, and films. You can also get pensions, benefits and health advice, so don't sit home alone all winter! For further info call **020 8430 2486** or visit **www.newham.gov.uk/winter**

Helpful tips and phone numbers

> People over 60 are entitled to a £200 Winter Fuel Payment to help towards the cost of heating their home

> Home owners or private tenants over 60 could qualify for a £300 heating rebate to help repair or install a heating system. Call 0800 316 6012 for further information

> The Government's Warm Front Scheme could provide you with a grant of up to £2,700 to make your home warmer and more energy-efficient. If you own your home or rent it from a private landlord and receive a disability or income-related benefit, call 0800 072 0151

> The Home Heat Helpline helps those struggling to pay their energy bills or keep warm in winter. Call 0800 336 699 or see www.homeheathelpline.org

For further information in English and other languages, visit **www.direct.gov.uk/keepwarmkeepwell**

Get your flu jab!

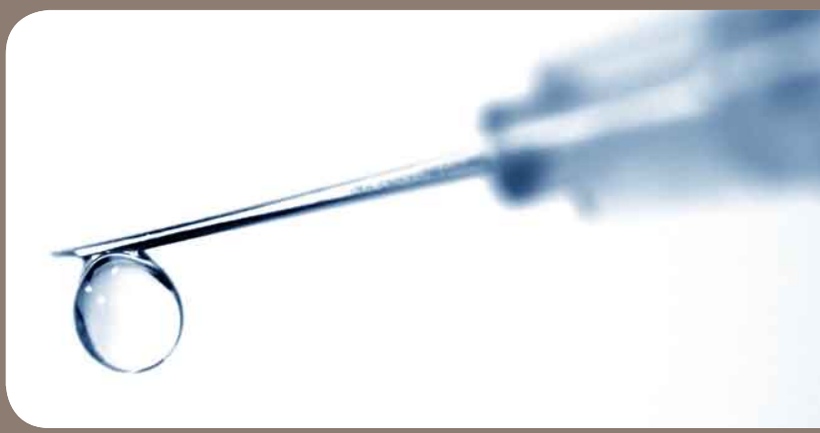
Newham residents who will be 65 or over by 31 March 2008 are urged to have a free influenza vaccination.

Although anybody can catch flu, for most people it will just be a very unpleasant experience. However for some people who may be more susceptible (such as older people or those with certain medical conditions) it can lead to illnesses that are more serious and that may even require hospital treatment.

High-risk groups include individuals with respiratory, cardiac or immune system conditions that make them more vulnerable.

Fortunately, you can protect yourself against the influenza virus as there is a safe and effective vaccine. It is available from your doctor's surgery until early December.

Should you be in one of these high risk groups, and especially if you are aged over 65, you should contact your surgery as soon as possible.



FIREWORKS

BE SAFE, BE SENSIBLE, HAVE FUN!

With the excitement of Halloween, bonfire night and Diwali just around the corner, it can be easy to get distracted and be less aware of the risk of fire. Handle fireworks, decorations and lights safely and prevent accidents by following these simple tips.

Follow the firework safety code

If you are using fireworks as part of your celebrations, follow these safety steps:

- only buy fireworks marked BS 7114
- don't drink alcohol if you're setting off fireworks
- store fireworks in a closed box
- follow the instructions on each firework
- light fireworks at arm's length, using the taper provided
- stand well back
- never go near a firework that has been lit – even it hasn't gone off it could still explode
- never put fireworks in your pocket or throw them
- always supervise children around fireworks
- light sparklers one at a time and wear gloves
- never give sparklers to a child under five
- keep pets indoors
- take care around open flames such as bonfires and barbecues
- **Attend a professionally organised fireworks display like the council's free one on Saturday 3 November. See the back cover for more information**

Fireworks and the law

If you misuse fireworks you may be liable for an on-the-spot fine of £80 or, if found guilty by the courts, a fine of up to £5,000.

It is an offence to:

- buy adult fireworks if you are under 18
- set off fireworks in the street or other public places
- set off fireworks between 11pm and 7am

You can let off fireworks until midnight on bonfire night and until 1am on Christmas, New Year's Eve, Chinese New Year or Diwali.

If you are using fireworks you will need to be aware of your neighbours and that you do not cause a nuisance.

Other fire safety tips

- Have a smoke alarm on each floor level of your home and check that it works each week
- Don't leave cooking unattended
- Keep matches and lighters out of reach of children
- If you smoke, make sure you put your cigarette or cigar right out
- Never leave candles or diyas unattended

Behave yourself with fireworks – don't break the law

The council, police and fire brigade will all be taking a tough line on anti-social behaviour and law-breaking around fireworks.

London Fire Brigade officers are currently visiting all 250 premises in Newham where fireworks are licensed to be sold, to check they are being stored safely and correctly. They are liaising closely with the council's trading standards officers, who will be carrying out under age test purchases to make sure retailers aren't selling to children.

Meanwhile police and council officers will be identifying young people who might benefit from LIFE (Local Intervention Fire Education) training and looking for groups who can attend fire stations to learn about the dangers of fire.

On the nights where bonfire parties and firework displays are on, uniformed council enforcement and police officers will patrol hot spots which have traditionally suiffered from anti-social behaviour. Police will make full use of their powers to prevent and detect offences. The council's CCTV will also concentrate on these areas.

Call the council's 24-hour anti-social behaviour hotline on **0800 731 3300**. Ring **999** if you see a fire out of control.

chestnut
NURSERY SCHOOL 'NEWHAM' LIMITED

Susan Lawrence Children's Centre
Lawrence Avenue
Manor Park, E12 5QP
Dressing up, role play, painting and sticking pictures, people that help us coming in to talk.

Tollgate Children's Centre
Barclay Road
Plaistow, E13 8SA
Under the sea: Painting, sticking, drawing alongside the story of the little mermaid.

Chestnut Nursery School
124 Chestnut Avenue
Forest Gate, E7 0JJ
Pirates and Princesses: Face painting, making hats and tiara's.

Woodgrange Children's Centre
Sebert Road
Forest Gate, E6 ONJ
Fancy dress: Making masks, making hula skirts.

North Woolwich Children's Centre
Winifred Street
North Woolwich, E16 2HX
African drummers, making musical instruments, making flags, face painting

Chestnut Nursery School
177 Earlham Grove
Forest Gate, E7 9AP
Sports Events and games: Physical activities outside or in, bean bags, skittles, egg and spoon races, general class activities.

Ellen Wilkinson Children's Centre
Tollgate Road
Beckton, E6 5UP
Open week: Fun activities all week, come and enjoy the fun with your children.

Happy 5th Birthday

Chestnut Nursery School first opened its doors in Newham during November 2002. The owners David Saunders and Steven Davies from mixed backgrounds in education and business, proved to be a great success with the School providing high quality childcare in an attractive, well equipped setting. Their commitment to quality also extends to the training and development of their staff and providing flexible childcare for parents.

After opening their first school on Chestnut Avenue (hence the name) they now have seven settings across the borough, an Out Of School provision in Forest Gate and a Catering company providing healthy nutrious food to all the children in their care.

The company works closely with the local authority piloting various government schemes. All schools have done very well in Ofsted inspections and the company has established an excellent reputation. Chestnut nursery School is now the largest private childcare provider in Newham with over 300 full day care places. They intend to continue their success in the borough with all the exciting new opportunities resulting from the 2012 Olympics.

22nd October 2007 Open Day at all our Nurseries, drop in between 10am - 4pm

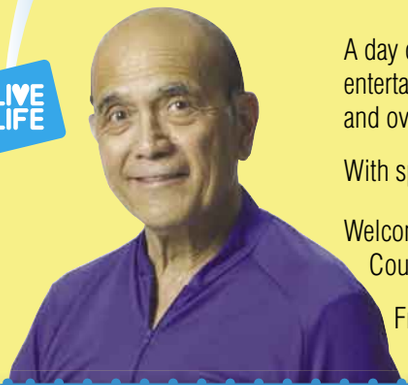
Thank you to all our parents and carers past and present for their continous support

AMAZING PRIZE DRAW • AMAZING PRIZE DRAW •
6 months free childcare to be won

Newham

Safe and Sound...

Wednesday 31 October, 10am-5pm
Old Town Hall, The Broadway,
Stratford E15 4BQ



LIVE LIFE

A day of fun, information and entertainment for those aged 50 and over

With special guest Lionel Blair

Welcome by Deputy Mayor Councillor Christine Bowden

Free refreshments

- Relaxation therapies and health checks
- Free raffle and Bingo courtesy of Gala Bingo in Stratford
- Newham's Home Improvement Agency
- The HandyVan scheme
- Advice on home security and fire safety.

ENERGY SURGERY

energywatch
your gas and electricity watchdog

Problems with Your Energy Bills?

Want to save money on your gas and electricity?

Come and get free advice.

Are you of pensionable age, disabled or have long term ill-health? Did you know there are free services available to you?

Would you like free low-energy light bulbs?

(Bring along your benefits book.)

You may be able to get grants for heating and insulation - come along and find out.

Come along to get expert advice and information on all these issues.

FREE ENTRY

Newham | newham homes | warmzone

Newham Town Hall
(at the junction of Barking Road and High Street South, E6)
Lister Room, 10am to 5pm on Thursday 25th October

Free refreshments

Building Trades Needed

In the last decade the East London Borough of Newham has made great strides in urban regeneration. For the next ten years the work will accelerate to deliver it's vision for the 2012 Olympics and beyond, creating a major business location and place where people will choose to live and work. Newham Homes Limited provides housing services to around 20,000 Newham Council homes and is a key part of delivering this vision.

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to download an application form.

Alternatively you can pick one up from our reception area at Newham Homes 236 Romford Road, E7 9RF

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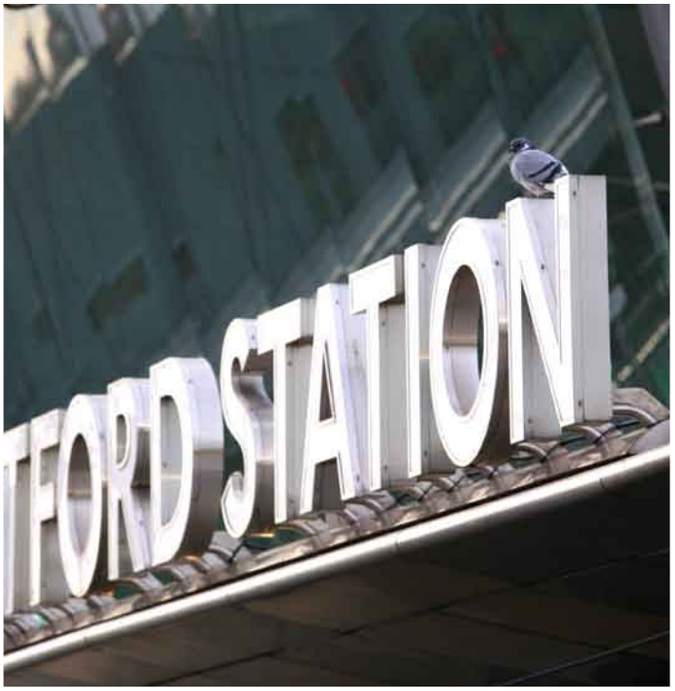
repairs & maintenance services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Picture

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for Newham Businesses

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The Workshop will provide a taster to the following topics

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- Financial Resource Management
- Managing Operations
- Managing Information Systems
- Managing performance
- Managing Business Challenges
- Developing New Projects
- Marketing and Sales

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- Raising finance
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- Becoming self-employed, Ltd or a charity
- Where to look for further help

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Newham

Newham NHS
Primary Care Trust

NHS Continuing Healthcare

Request for last remaining retrospective claims

NHS Continuing Healthcare is a type of funding for people who need long term healthcare to help them cope with illnesses or disabilities. If the level of care meets the criteria for *NHS Continuing Healthcare* it should be fully funded by the NHS.

In 2003, the Health Service Ombudsman published a report which investigated the way in which the NHS set and applied its eligibility criteria for accessing continuing healthcare funding. As a result of this report, a large number of patients, or their relatives, applied for the funding for their care packages to be reviewed.

Primary Care Trusts (PCTs) across London reviewed 1,200 cases and some people have been entitled to a refund of the money they have paid towards their care. If you feel that you or a relative have been wrongly charged for care then you can request a review.

You or your family have the right to request a retrospective review of your eligibility for *NHS Continuing Healthcare* funding if you paid for all or part of the care you received from 1 April 1996 until 2004, or if the majority of care was received during that period.

The Department of Health has recently announced that any remaining retrospective reviews of decisions made regarding the funding for a person's care before April 2004 should be raised with the relevant NHS body on or by **30 November 2007**.

Newham residents who think that they are eligible to request a review should contact Newham Primary Care Trust to discuss the process.

Further details can be obtained from Bola Atanda, continuing care co-ordinator at Newham Primary Care Trust on **020 7059 2356.**

A document describing the process for appeals in full can be found on at: **www.london.nhs.uk/resourcelib/Continuing%20Care%20Retrospective%20Review%20Your%20Questions%20Answered%20W.pdf**

SATURDAY SCHOOLS

Newham's Learning Community Service funds Saturday Schools at the following Secondary Schools:

- Brampton Manor School
- Cumberland School
- Eastlea School
- Forest Gate Community School
- Kingsford Community School
- Langdon School
- Lister Community School
- Little Ilford School
- The Royal Docks Community School
- Sarah Bonnell School
- St Angela's Ursuline
- St Bonaventure's RC School
- Stratford School
- Rokeby School

The Saturday Schools run on Saturday mornings during term time and are open to year 5 & 6 students from Newham Primary Schools. The aim of the Saturday Schools is to improve Literacy, Numeracy & IT skills. For more information about the Saturday Schools phone Don on 020 8430 6528.

Newham

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- most with wheelchair access
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- with multimedia projector, video, flipchart
- off-street parking for 120 cars
- Café – meals, snacks & refreshments
- Media Services – one-stop print shop.

*Not available for party hire.

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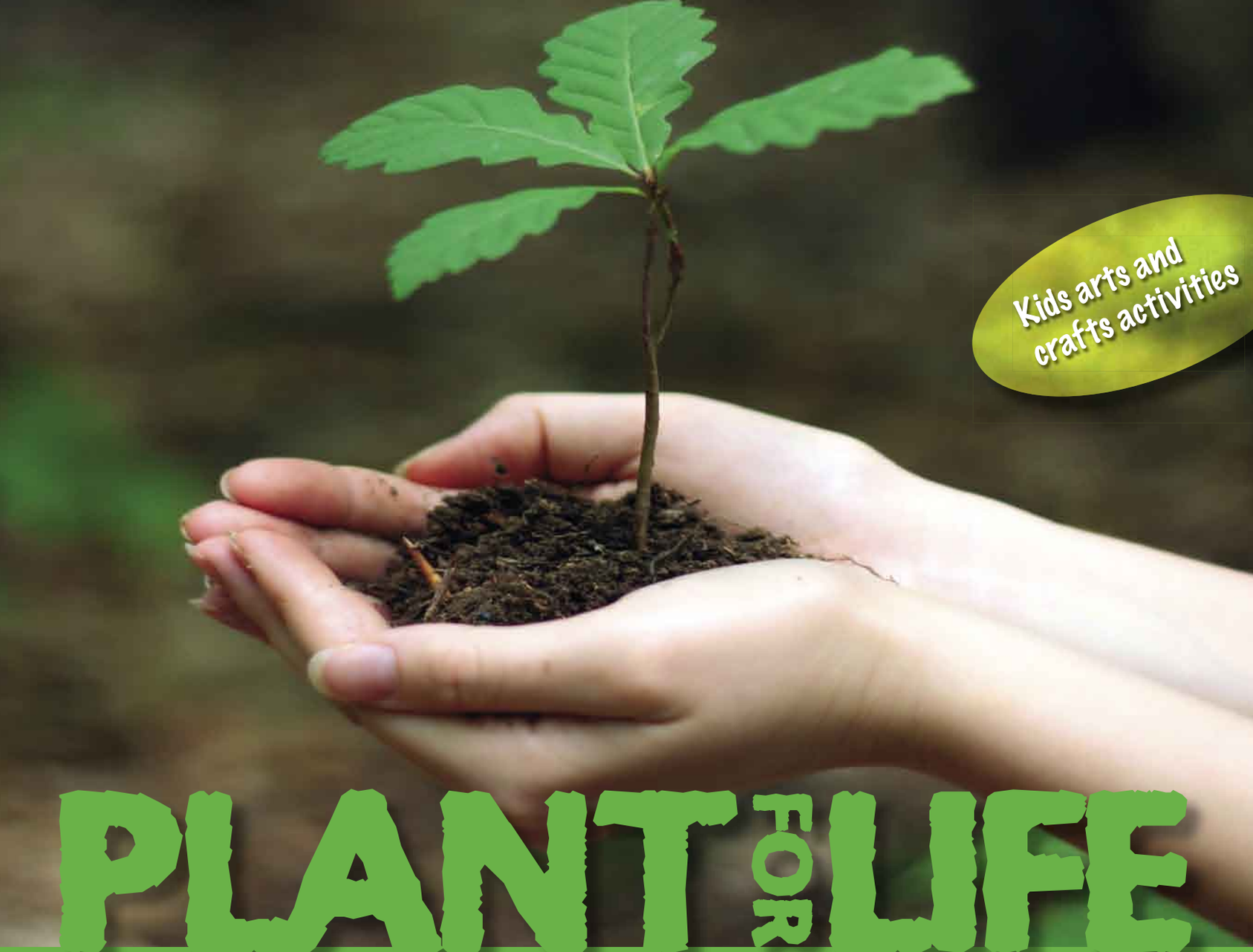
www.changeyourmind.ltd.uk



PLANT FOR LIFE

IT'S TIME TO DO ONE THING TO HELP YOUR LOCAL ENVIRONMENT!

Join Newham's year of action and take part in a Community Forum planting event.

Help plant 2012 new trees in the borough each year or plant some spring bulbs.

Get closer to nature with activities like nest box building, tree dressing and wildlife walks.

Your action can make a big difference.

For more information:

Freephone 0800 519 4015
Email community.forums@newham.gov.uk
Or visit www.newham.gov.uk

GET INVOLVED IN A PLANT FOR LIFE EVENT IN YOUR COMMUNITY FORUM AREA:

CUSTOM HOUSE AND CANNING TOWN
Saturday 27 October, 10am-2pm
Memorial Recreation Ground, Memorial Avenue, West Ham E15

MANOR PARK
Saturday 10 November, 10am-4pm
Plashet Park, Plashet Grove, East Ham E7

ENJOY THE BBC TREE PARTY

BECKTON
Saturday 24 November, 12noon-3pm
Beckton District Park North, Tollgate Road, Beckton E6

Events in Green Street, Plaistow and Royal Docks coming soon

Newham | LIVE LIFE | it's your borough play your part NEWHAM COMMUNITY FORUMS | BBC breathing places

Community Lead Councillor for Green Street Sharaf Mahmood, resident Joan Partridge (front) and show director Sovra Newman are excited about the Green Street Musical

Once upon a time in Green Street

The memories, secrets and magical stories of Green Street are set to be thrown into the limelight when the area's Community Forum produces its first ever musical.

Spanning from 1908 to 2000, the musical will trace key moments in history, like the two World Wars, the 1948 London Olympics and the arrival of different groups of immigrants.

Set in a shop, the musical will to tell the tales of its owners through songs, featuring everything from wartime tunes to bollywood numbers.

Since July, local residents like Joan Partridge have attended workshops and helped to create the story. Joan, who loves singing, moved here from Malta with her British husband and has lived in the Green Street area for 43 years. She has many fond memories including going shopping in Queens Market during the 1960s and 70s.

She said: "I've always liked going to Queens Market. I remember a man who used to sell cauliflower and joke with people: 'I don't want one pound ten shillings for this, no, I don't want one pound five shillings for this, no'. He'd lower the price all the way down to two shillings, it was very funny!"

Joan's excited about taking part in the musical next February.

"There are a lot of lovely people involved and I hope it's going to be a great success. I'm looking forward to the singing part of it but I'd like to try acting too – I've got no experience but I'm sure I could pull it off."

Director Sovra Newman is looking for more people to get involved. She said: "I'm sure there are many people out there with interesting stories or musical and acting talent. This show is about and for the people of Green Street so I encourage everyone to come along."

For more information contact Sara Samson on 07971 226 103 or email community.forums@newham.gov.uk

Do you have a story to share about living in the Green Street area?

Come to the oral history day on Tuesday 30 October. Check out the advert on page nine of the magazine for details.

There'll be many other workshops to come.

NEWHAM »IN FOCUS

Spread the word

The Newham Mag is looking for smooth-voiced volunteers to record an audio version of the magazine. We currently reach every household in the borough but we want to make sure we go even further. There are many people who can't read the magazine - for example those with poor literacy or a visual impairment. By producing an audio version, available from the council website, we intend to make sure everyone can keep up with what's happening in our borough.

You could be the new voice of the Newham Mag. If you think you have a good reading voice and are willing to spare half a day per fortnight, we want to hear from you.

Contact Richard Wells on 020 8430 6680 or email richard.wells@newham.gov.uk for further details.

AWARD-WINNING LIFEGUARD TRAINING SCHEME IS BACK

Aimed at getting local people into jobs, GLL's Recreation Assistant Academy is a paid five-week training course which includes the national pool lifeguard, first aid and NVQ qualifications and a week's work experience.

For further information call 020 8317 5000, extension 4020 or email tyron.fuller@gll.org.uk

Charity fun day for hospice in Forest Gate

Odessa Infant School in Wellington Road, **FOREST GATE,** is holding a fun day on Saturday 3 November from 12noon to 3pm to raise money for St Joseph's Hospice in Hackney.

ROYAL DOCKS WELCOMES SAFETY EVENT

It was a safety Saturday for more than 250 people who attended the **ROYAL DOCKS** Community Forum *safer together, stronger together* event on 22 September.

Residents turned out in droves to hear what's happening to make the community safer and learn tips from the experts.

Community lead councillor for Royal Docks Patrick Murphy, said: "The response from residents was very impressive. The workshops were especially popular, with people eager to learn about what they can do personally to help make our community a safer place."

Britannia Village resident June Welcome took her twin daughters to the event. She said: "It was a beautiful day and good to see so many people there. I enjoyed talking to the councillors and police officers about what's going on locally. It was also interesting to find out people's different perspectives on crime issues."

Community Lead Councillor for Royal Docks Patrick Murphy, Councillor Simon Tucker, members of the Safer Neighbourhoods Team with June Welcome and her daughters.

Prize-winning NewVIc students celebrated

Students, staff and sponsors from local businesses gathered at Newham Sixth Form College for its annual awards ceremony.

Representatives from sponsors UEL, Tate & Lyle, London City Airport, Careers & Jobs Live, Regent Group, QMUL, Greenwich University, Newham University Hospital NHS Trust and Hunter Lodge attended the event to present their awards to outstanding NewVIc students.

The ceremony celebrates the achievements of the students, focusing not only on their academic ability but also on factors such as attendance and punctuality and their involvement in extra-curricular activities.

Prize winners included Darren Fernandes, who started at Kings College last month to study medicine after achieving three A grades in his A levels.

Assistant principal Lubna Kazmi, says: "All the young achievers receiving prizes have impressed staff and sponsors with their incredible commitment and diligent hard work in all aspects of their education during their time at NewVIc."

Prize-winning students at NewVIc's awards ceremony

SPECIAL DAY FOR KRISTIAN AS EAST HAM AIR CADETS WIN

Newham cadets from 282 **EAST HAM** Squadron led by example at the regional Inness Sword Competition as they scooped first place in the leadership exercise, beating off 30 rival squadrons.

Kristian Hamilton, 19, from Forest Gate, an Instructor Flight Sergeant, completed his last ever event as a cadet by leading his team through the minefield task and picking up a trophy in front of the whole of London Wing on final parade.

The task included Kristian carefully planning a route through a 'minefield'. His excellent leadership and teamwork skills earned the squadron top marks. He was presented the trophy by special guest Wing Commander Roy McCluskey.

Other members of the 282 team included Corporal Andrew Simon (15), Corporal Eoin Flynn (15), Corporal Abena Ansah (15), and Cadets Mehdi Amir (15), Martin McDermott (15), Brandan Quinlan (15), and Crystal Ajaelu (15).

Kristian with Wing Commander McCluskey >

Jack Petchey opens garden at St Bonaventure's

For a man who has established his forte in giving out generous funds to good causes, Jack Petchey was on the receiving end for once.

He officially opened the Jack Petchey Garden at St Bonaventure's School, **FOREST GATE** on 20 September.

The picturesque and tranquil area was created to acknowledge his charitable contributions towards the personal development of young people from across London and Essex.

Special thanks go to Phil Lee, Stephen Corriette and Dennis Smith for designing the garden. Jack was very surprised and "lost for words". He urged the students to be "proud of their school" and "give back to the community".

Go to great lengths for your local children's hospice

Richard House Children's Hospice in **BECKTON** is urging people to celebrate 25 years of children's hospice care by getting involved in this year's Butterfly Swimathon.

It is challenging supporters to swim 25 lengths (or their own personal target) in any stroke at London Fields Lido, Hackney on 27 October.

The event is one of many being held across the country to celebrate the 25th anniversary of the first children's hospice being opened.

Richard House events fundraiser Susie Broadly, said: "The hospice costs £2.8 million a year to run. The Butterfly Swimathon is a terrific opportunity to dive in and have fun while also fundraising to make a big difference to children and families who desperately need the care and support Richard House offers."

If you would like to take part, please contact Susie on 020 7540 0221.

POLICE CRACKDOWN ON MOBILE PHONE CRIME

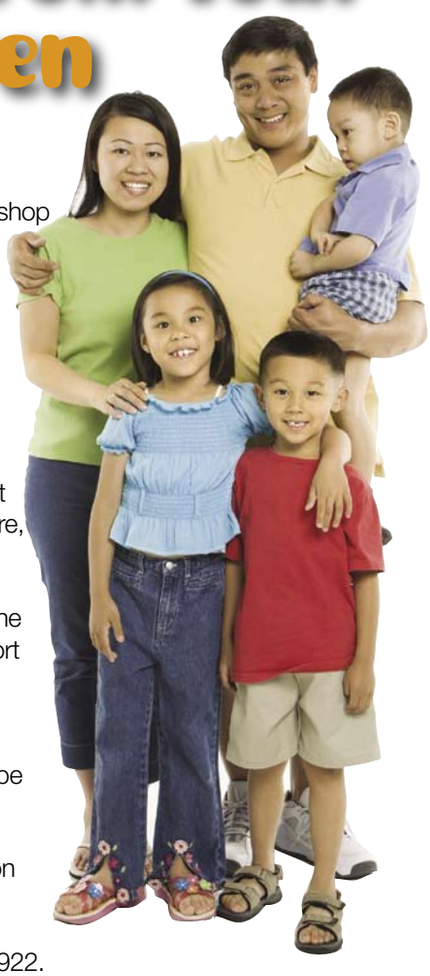
The National Mobile Phone Crime Unit (NMPCU) is working closely with Newham Police to tackle street crime by identifying and targeting individuals responsible for stealing and handling stolen mobile phones and other property. Police will be using a range of tactics in order to catch offenders.

If you lose your phone or have it stolen please report it to your network provider immediately and keep a record of your IMEI number to give to police. You can register your phone at www.immobilise.com.

Detective Chief Inspector Richard Player of Newham Police, says: "The NMPCU and Newham Police aim to reduce the market for stolen mobile phones by targeting and prosecuting those who buy or reprogramme them, whether for local use or to illegally export them."

REGISTER YOUR PHONE AT WWW.IMMOBILISE.COM

How To Get The Best From Your Children



The above-named workshop will help parents/carers to understand why children behave the way they do and offer ideas on how to help your child/children.

It takes place on Thursday 8 November from 9.30-11.30am at St John's Community Centre, Albert Road, **NORTH WOOLWICH.**

It is being hosted by the Children & Parent Support Project at St John's.

Refreshments and a crèche (which must be booked in advance) will be provided.

To book a free place, contact Robbie Muriel, on Mondays or Thursdays, between 10.30am and 5.30pm, on 020 7476 9922.

Get involved in your community

Do you want to help organise fun activities and events in your community?

Why not take an active role in your Community Forum and support the councillors to organise free public events for everyone to enjoy?

Community Forum active community teams can be joined by people who have an interest in their area. This could be because they live or work there, belong to a not-for-profit organisation active in the area, or simply because they have an affinity with the community.

Find out more and get a nomination form in your next issue of the Newham Mag.

it's your borough play your part
NEWHAM COMMUNITY FORUMS

AWARD-WINNING FAST TRACK RETAIL SKILLS FOR EAST HAM'S SMALL BUSINESSES

The **EAST HAM** Accelerator Fast Track Business & Personal Success Programme improves business techniques through a combination of intensive 90-minute workshops and one-to-one coaching. It's like having a personal business adviser.

It gives people working in East Ham town centre practical, hands-on sessions after work. It offers accelerated learning, condensing an internationally recognised qualification into only eight weeks' study. It's aimed at retail managers and frontline staff in small-to-medium sized businesses. Vision On, a leading specialist retail training provider, provides personalised training and support.

If you're an independent retailer in East Ham and you'd like to find out more, contact Alice Van Sertima on 020 8430 3165 or email alice.van-sertima@newham.gov.uk

MAYOR'S Question Time for Plaistow

The next Mayor's Question Time with Sir Robin Wales will be on Tuesday 13 November at 6.30pm at Curwen Primary School, Atlas Road, **PLAISTOW** E13 0AG.

Flourish Lighthouse presents FLOW, for ladies only with Pastor Ed

Theme: Reignite your passion
At: Gateway Chapel (Light House) London, Main Auditorium, UEL Docklands Campus, 4-6 University Way, London E16 2RD
On: 10 November
Time: 4-6pm

For further information see www.gatewaychapel.org.uk

Civic Ambassador's Golden Kerala Evening

Councillor Omana Gangadharan, Newham's first female Indian civic ambassador, wants to celebnrate Kerala's 50th anniversary with a dinner on 17 November.

Cllr Gangadharan was born in Kerala, in Southern India, but has lived in Newham for more than 30 years.

She says: "I have a strong affinity to both Newham and Kerala. Newham has the largest population of people from Kerala in the UK and I am proud to be one of them.

"Many of the older generation came from Singapore to London and enjoy the rich diversity Newham offers."

The Kerala evening will offer cultural entertainment and a meal will be served. The event will raise money for the Neonatal Unit at Newham General Hospital, the Women's Forum at Sree Narayana Guru Mission in East Ham and the Elders' Group at the London Sri Murugan Temple in Manor Park.

Tickets will be on sale for £25 each. To request a booking form, contact Stephanie Nunn on 020 8430 2000 or email stephanie.nunn@newham.gov.uk

Falling through the Web

Public lecture examines accessibility of internet design

HOW ACCESSIBLE IS THE WORLD WIDE WEB TO PEOPLE WITH DISABILITIES? AND HOW CAN DESIGNERS CREATE MORE INCLUSIVE ONLINE CONTENT?

Dr Helen Kennedy, a leading researcher and practitioner in the field of new media and inequality, will examine the current state and potential development of inclusive new media and accessible web design in a public lecture at the University of East London (UEL) **DOCKLANDS** campus on Wednesday 24 October.

Dr Kennedy, principal lecturer at UEL's School of Social Sciences, Media & Cultural Studies, will reveal examples of current best and worst practice, as well as offering advice and tips and introducing an exciting new research project.

Her lecture, *Inclusive New Media: designing accessible websites,* will take place at 5pm and admission is free. For further details, contact Franc on 020 8223 2884 or visit www.uel.ac.uk/lectureseries

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, NEWHAM TOWN HALL, EAST HAM E6 2RP

Gallery

Mehnaz Mahaboob, 12

Hajar Janati, 10

Aminah Tasswar, 7

Jeremy, 6

Crossword

Across

3. Small, brown mammal with spines on its back (8)
6. Short moral story, often with animal characters (5)
7. Up to the present time (2,3)
8. Remove clothes (7)
10. Table which a pupil sits behind in school (4)
11. Autumn is considered the third season of the _____(4)
12. Country in which autumn is called fall (3)
13. Small angel portrayed as a child with a chubby face (6)

Down

1. Birds which fly south in autumn (5)
2. It is set on fire on 5 November (7)
3. Some animals prepare to do this during Autumn (9)
4. See 6 down
5. Some children ask the question _____ *or Treat?* during Halloween (5)
6. And 4 down. Type of clothes many children like to wear at Halloween (5,5)
9. Small firework (5)
10. Guy Fawkes ____ takes place on 5 November (3)

Poem

I am what I am by Jafar, 11

I am fast as lightning
As rich as Bill Gates
As strong as a warrior
Funnier than Mr Bean
Buffer than David Beckham
Smart as Einstein
Dopey as Homer Simpson
As tall as a tree

I am the world's greatest
I roam free!

Winner

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The taste that smiles back

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The Prime Coffee Shop is open from 10am daily

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Answers

Across 3. Hedgehog 6. Fable 7. So far 8. Undress 10. Desk 11. Year 12. USA 13. Cherub

Down 1. Geese 2. Bonfire 3. Hibernate 4. Dress 5. Trick 6. Fancy 9. Squib 10. Day

Providing excellent care for vulnerable **people at home**

Providing care for vulnerable people at home is something Newham Council has been doing for four decades and residents receive some of the best care in the country.

Newham's Home Care Service was rated as excellent in a recent report by the Commission for Social Care Inspection, but the council isn't complacent and is always looking at how to make things better.

A new way of working has recently been introduced so that carers contracted in by the council provide the same high standards expected of its own staff.

Councillor Joy Laguda, Newham's executive member for older people, says: "We have a duty to ensure all our service users receive a consistent level of care. Although we are proud of our record it is important we are never complacent and we always strive to improve the service we offer."

Newham has just purchased one of the first Homecare Electronic Monitoring Systems from Jontek. It will allow staff to electronically log in and out by telephone when they make visits to service users at home. This will mean the council and relatives of vulnerable people can make sure carers are turning up for their appointments on time. From the carer's point of view, the council will always know where they are and that they have arrived safely and then left when they were expected to.

Edwina Hix, manager of one of Newham's care agencies which will be using the system, says: "This electronic monitoring is more and more part of how we deliver our services and ensure people receive the very best care they are assessed as needing."

How it works

- The homecare worker will use your home telephone to call a number when they start the visit. This tells the council that the carer has arrived safely at your home and that your homecare visit for the day has started
- When the visit is over the carer will call this number again to record the end time of their visit and log that they are now travelling to their next call
- These calls made on your telephone will cost you nothing and will only take a few seconds to make, but they allow the council to check that you are being provided with the service you require and that homecare staff are safe while working alone in the community
- Newham residents who receive support at home will get a letter about this from the council explaining how the scheme works
- Call 020 8430 2000 for more information

WHAT'S ON?

20 OCTOBER – 3 NOVEMBER

LIBRARIES

LIBRARY ADDRESSES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063
Canning Town Barking Road, E16 4HQ. 020 7476 2696
Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565
East Ham High Street South, E6 6EL. 020 8430 3647
The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838
Green Street 337-341 Green Street, E13 9AR. 020 8472 4101
Manor Park Romford Road, E12 5JY. 020 8430 2207
North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900
Plaistow North Street, E13 9HL. 020 8472 0420
Stratford 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies: 020 8430 6881

UNDER 5s GROUPS

Storytelling – Stories, rhymes and crafts for children under five with their parents and carers.
Beckton Globe Every Friday 10-11am
Canning Town Every Monday 10.30-11.30am
Custom House Every Tuesday 10.30-11.30am
East Ham Every Wednesday 2-3pm
The Gate Every Friday 11am-12noon
Green Street Every Thursday 10.30-11.30am
Manor Park Every Thursday 10.30-11.30am
North Woolwich Every Friday 11am-12noon
Plaistow Every Tuesday 11am-12noon
Stratford Every Tuesday 11am-12noon and every Friday 2-3pm
Little Readers – Open to children under five with their parents and carers.
Stratford Every Wednesday 1.30-2.30pm
Crafts Club – Open to children under five with their parents and carers.
Manor Park Every Tuesday 10.30-11.30am
Crafts & Computer Club – Open to children under five with their parents and carers.
Stratford Every Monday 10.30-11.30am
Toy Library – Open to children under five with their parents and carers.
Beckton Globe Every Monday 10am-12noon and every Thursday 1-3pm
East Ham Every Tuesday 10am-12noon and every Thursday 10am-12noon
Messy Play – Open to children under five with their parents and carers.
Beckton Every Tuesday during school term 1.30-2.30pm
Imaginative Play – Open to children under five with their parents and carers.
East Ham Every Friday 10.30-11.30am

ADULT READING

Over 50s Reading Group – Explore the pleasure of reading in a friendly environment.
Plaistow Thursday 1 November 6.45-7.45pm

OTHER GROUPS

Over 50s Club – Enjoy a range of activities for the over 50s.
Beckton Every Tuesday 9.45-11.45am

YOUNG PEOPLE

Homework Club – Homework support and advice for young people aged seven to 14. School term only.
Beckton Every Tuesday 4-6pm
Canning Town Every Saturday 10am-12noon
Custom House Every Saturday 10am-12noon
East Ham Every Monday 4-6pm
The Gate Every Thursday 4-6pm
Green Street Every Tuesday 4-6pm
Manor Park Every Saturday 10am-12noon
North Woolwich Every Thursday 3.30-5.30pm
Plaistow Every Thursday 4-6pm
Stratford Every Monday 4-6pm
Children's Games Club – Board games and activities for children aged five to 12.
Canning Town Thursdays 25 October 4-6pm
Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged eight to 13.
Custom House Every Tuesday 3.30-5.30pm
East Ham Every Tuesday 3.30-5.30pm
Manor Park Every Thursday 4-6pm
Teen Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged 12 to 16.
Beckton Every Monday and every Wednesday 3-5pm
Family Reading Group – A chance for children aged five to 11 and their families to read together and have fun.
The Gate Sunday 4 November 2.30-4pm
Teen Xtra Evenings – Free activities for young people aged 12 to 21.
The Gate Every Friday 6-8pm

LIVE LIFE

ESTATE BASED SPORTS

Sessions are open to 12-18 year olds unless otherwise stated and are for all abilities. Sessions are FREE. For more information call 020 8430 2484 or visit www.newham.com/2012Games

Athletics
Every Friday
4.30-6pm, 8-19 years
Drapers Field

Basketball
Every Monday 7-9pm
The Froud Centre
Every Tuesday 5-7pm
Royal Victoria Gardens Ball Cage
Every Tuesday
7.30-9.30pm
Plaistow Park
Every Friday
5-6.45pm
Forest Gate Youth Centre

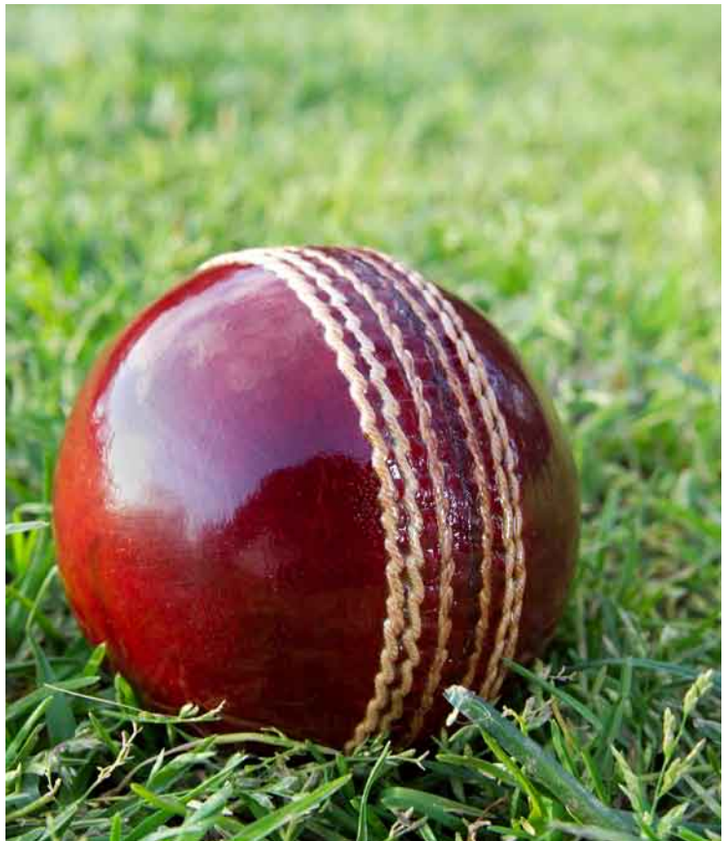
Cricket
Every Tuesday
5.30-7pm, 8-19 years
Score Indoor Complex
Every Thursday
4.30-6pm, 8-19 years
Drapers Field

Football
Every Monday
6-8pm
Plaistow Park
Every Tuesday 5.30-7.30pm
Little Ilford Ball Cage
Every Tuesday
5-7pm
Stratford Park
Every Tuesday
5-7pm
Phoenix Cage
Every Wednesday
4.30-6.30pm
Royal Victoria Gardens
Every Wednesday
5-7pm, 8-19 years
Stratford Park
Every Wednesday
7.30-9.30pm, 16+ (£2 charge)
Score Complex
Every Thursday
5-7pm
Scud Park Ball Cage
Every Thursday
6-8pm
Forest Gate Youth Centre
Every Friday
4-5.30pm (term time only)
St John's Community Centre
Every Friday
6-8pm
Priory Park Ball Cage
Every Saturday
10-11.30am, 6-12 years (£3 charge)
Drapers Field
Every Saturday
2-4pm, 6-14 years (£3 charge)
Score Complex

Estates Football and Basketball League
Every Monday
6-8pm, under 14s and under 17s
Score Complex Hard Court
Every Tuesday
5.30-7pm, under 12s and under 14s
Drapers Field
Every Friday
6-8pm, under 14s and under 17s
Leyton Manor Park

Football and Basketball
Every Monday
4.30-6.30pm
Winsor Park
Every Wednesday 5-7pm
New Beckton Park Ball Cage
Every Wednesday
4.30-6.30pm
Ford Park
Every Wednesday
6-8pm
Plashet Park
Every Thursday
4.30-6.30pm
Priory Park Ball Cage
Every Thursday
5.30-7.30pm
Barking Road Rec
Every Friday
5-7pm
Lister Gardens Park
Every Friday
5-7pm
Canning Town MUGA

Multi-Sports
Every Monday
5-7pm, 8-19 years
Langthorne Park
Every Monday
5-7pm, 8-19 years
Alma Street MUGA
Every Tuesday
4-5pm
Carpenters and Docklands Centre (term time only)
Every Tuesday
5-7pm, 8-19 years
Stratford Park
Every Wednesday
4-5pm
Carpenters and Docklands Centre (term time only)
Every Wednesday
5-7pm, 8-19 years
The CAGE (Chatsworth Active Games Enclosure)
Every Wednesday
5-7pm
Stratford Park
Every Wednesday
4-6pm, 10-19 years
Cann Hall Park
Every Wednesday
5-7pm, 8-19 years
Major Road Ball Park
Every Thursday
5-7pm, 8-19 years, The CAGE



Stratford Table Tennis Club
Every Wednesday
6.30-9.30pm
Stratford Secondary School

Eastlea Handball Club
Every Thursday 4-5pm
11-18 years
Eastlea School
Every Thursday 5-6pm
4-11 years
Eastlea School

Stratford Handball Club
Every Monday 3.15-4.15pm
11-18 years
Stratford Secondary School
Mondays 4.30-5.30pm
4-11 years
Stratford Secondary School

Venue Addresses
Alma Street MUGA
Alma Street, Stratford E15
Barking Road Rec
Burges Road, East Ham E6
The CAGE (Chatsworth Active Games Enclosure)
Cruickshank Road,
Stratford E15
Can Hall Park
Off Can Hall Road, E11
Canning Town MUGA
Corner of Freemasons Road and Sophia Road, E16
Carpenters and Docklands Centre
98 Gibbins Road, Stratford E15 2HU
Drapers Field
Temple Mills Lane, off Leyton High Road, E15
Eastlea School
Exning Road,
Canning Town E16 4ND
Ford Park
Canning Town, E16
Forest Gate Youth Centre
Woodgrange Road, E7 0QH
Froud Centre
Toronto Avenue,
Manor Park E12 5JF
Langthorne Park
Off Leytonstone High Road, E11
Leyton Manor Park
Off Capworth Street,
Leyton E10
Lister Gardens Park
Corner of Upper Road and Florence Road, Plaistow E13
Little Ilford Ball Cage
Reynolds Avenue,
Manor Park E12
Major Road Ball Cage
Major Road, Stratford E15
New Beckton Park Ball Cage
Savage Gardens, Beckton E6
Phoenix Cage
Milner Road, West Ham E13
Plaistow Park
Balaam Street, Plaistow E13
Plashet Park
Woodhouse Grove,
East Ham E7
Priory Park Ball Cage
William Morley Close, Upton Park E13
Royal Victoria Gardens
Pier Road,
North Woolwich E16
Score Complex
100 Oliver Road
Leyton E10 5JY
Scud Park Ball Cage
Tant Avenue,
Canning Town E16
Stratford Park
Densham Road, Stratford E15
Stratford Secondary School,
Upton Lane, Forest Gate
E7 9PR
St John's Community Centre
Albert Road,
North Woolwich E16
Winsor Park
Warwall, Beckton E6

ADULT EVENTS

Fit Club Mile
Sunday 21 October
10.30am-1pm
New Beckton Park
Come along and get to know the park while enjoying some light exercise. There will be bulb planting and nest building activities and all walkers will receive a free pedometer.

For more information call 0208 430 6628

USEFUL NUMBERS

020 8430 2000
Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.com/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Jen Bishop on 020 8430 2000 or email newham.mag@newham.gov.uk

LIVE LIFE

Half term activities

Half term is here so whatever your age, check out what's happening at one of our free events. Either grab some friends or come along and make some new ones. All school children welcome.

Sports Events

Check out one of these free sports events at Meridian Square. For more information, call Newham Council on 020 8430 2484.

Monday 22 October
Newham Boys Boxing Club
11am-12noon
Peacock Kickboxing
12noon-1pm
Leyton Orient Community Sports Programme
Basketball 1-3pm
Tuesday 23 October
NASSA Basketball Club
10am-12noon
Gendai Karate Association
12noon-1pm
Royal Victoria Dock Watersports
1-3pm
Wednesday 24 October
Newham Swords 10-11am
Leyton Orient Community Sports Programme
Basketball 11am-12noon
Gurumu Taekwondo
12noon-1pm
Eastlea School Dance
1-2pm
Eastlea School Cheerleading
2-3pm
Thursday 25 October
Newham Swords
10-11am
Sei-Shin-Ru Karate
11am-12noon
Peacock Kickboxing
12noon-1pm
Royal Victoria Docks Watersports 1-3pm
Friday 26 October
GLL Open Sports
10-11am
Beagles Athletics Club
11am-1pm
Stratford Judo Club
1-2pm
GLL Open Sports
2-3pm
Monday 22 – Friday 26 October
Football
3V3, futsal, freestyle workshops, keepie uppie competitions
10am-3pm daily
Meridian Square
Outside Stratford Station
Stratford, E15

Monday 22 – Thursday 25 October
Fancy trying your hand at kayaking, sailing and bellboating?

The Royal Victoria Dock Watersports Centre will be running youth sessions at **10.30am-12noon and 12.30-2pm.** Each session costs £2.60 and groups of more than five will need to book in advance. For further information call 020 7511 2326
Royal Victoria Docks Watersports Centre
Tidal Basin Road
London E16 1AD

Holiday School

Monday 22 – Friday 26 October
Free courses for 8-18 year olds.
Have you ever dreamed of becoming the next Hollywood film producer? Or do you want to know how to make clothes in an environmentally friendly way?

No matter what your skills and interests, there will be something happening at Holiday School that will help you to realise your dreams.

By the end of this half term you might have made your first radio show, written a number one song, made a record breaking dance or designed your first capsule collection.

There are also plenty of courses that can give you a head start in planning your next career moves too, including car maintenance, health and beauty, Asian dressmaking and hairdressing.

To find out more about the huge range of courses on offer visit your local library or local service centre, or call the info hotline on 020 8430 6528

Apple Day at Newham City Farm

Sunday 21 October
12noon-4pm
A great day for all apple lovers! Apple tasting, apple bobbing, apple arts and crafts, an apple trail through the farm and decorating the orchard are just some of the fun activities on offer.

There will also be all the usual farm attractions and the animals are all looking forward to meeting you.
Newham City Farm
Stansfeld Road,
Beckton E6 5LT
020 7474 4960

LIVE LIFE

LIVE LIFE

Newham

ROYAL DOCKS COMMUNITY FORUM

health event

it's your borough play your part

FREE HEALTHY FOOD

PRIZE DRAW WIN AN MP3 PLAYER

Saturday 3 November

2 – 5pm

St John's Community Centre, Albert Road E16 2JB

It's time for a free health kick

Come to the Royal Docks event and get a free health check-up and Indian head massage.

Learn how to fight the flab, exercise for fun and enjoy some reflexology or henna artwork.

Check out the stalls with information about chronic illnesses, complementary therapies, Newham Fit Club, smoking cessation, sexual health and more.

Plus take part in football and basketball.

Getting there: take a free shuttle bus from Britannia Village Hall.

VOUCHER

BRING THIS ADVERT AND GET A FREE MASSAGE!

Massages must be booked on the day. Early booking is advised to avoid disappointment.

Newham Council presents

Fireworks and funfair

FREE

Saturday 3 November

Wanstead Flats, Centre Road E7

Gates open: 6.30pm Display starts: 7.30pm

PLEASE USE PUBLIC TRANSPORT AS THERE MAY BE TRAFFIC DIVERSIONS AND NO PARKING except blue badge holders. UPDATES ON DIVERSIONS WILL BE AVAILABLE ONLINE NEARER THE EVENT.

Buses: 58, 101, 308, 328, 330, W19
Rail: Manor Park, Wanstead Park, Forest Gate

No dogs or personal fireworks including sparklers allowed on site.
The display will be held on soft ground.

020 8430 2000
www.newham.gov.uk

By kind permission of The City of London, Conservators of Epping Forest.

The World Famous Fireworks, Flames and Pyrotechnic Art

MAYOR OF NEWHAM

LIVE LIFE

London Borough of Newham

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